

MAY | JUNE 2014

HAZLETON HealthyYou

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of Yoga**

A PASSION FOR BETTER MEDICINE



**Lehigh Valley
Health Network**

MEET JOHN FLETCHER

A Q&A WITH THE PRESIDENT OF LEHIGH VALLEY HOSPITAL-HAZLETON

Lehigh Valley Health Network has named John Fletcher as the first president of Lehigh Valley Hospital (LVH)–Hazleton.

Fletcher served as the interim president at LVH–Hazleton since Jan. 1, with the merger of the Greater Hazleton Health Alliance and Lehigh Valley Health Network (LVHN).

Fletcher brings strategic and operational experiences to the role of president. He has more than 20 years of experience in health care and has been with the former Greater Hazleton Health Alliance as the chief operating officer since 2004.

Healthy You Hazleton sat down with him to discuss the future of health care in our community.

Q WHAT HAVE THE FIRST MONTHS OF THE MERGER BEEN LIKE?

A: Very busy, as you can imagine. We've spent time finalizing the merger, meeting our colleagues at LVHN, sharing information and resources. We've also been identifying what we can do immediately to provide increased access to care for patients at LVH–Hazleton, and planning strategic short- and long-term goals.

Q WHAT'S BEEN ACCOMPLISHED SO FAR RELATING TO PATIENT CARE?

A: The first thing we did was relocate LVHN's MedEvac helicopter to LVH–Hazleton. This allows patients with life-threatening conditions quicker access to specialty care currently not available in Hazleton, and sometimes in record-breaking times. We engaged Lehigh Valley Medical Imaging as our professional radiology services company. This provides our hospital's radiologists with access to imaging specialists at LVHN. And we began to increase our telehealth services, bringing specialty physicians from LVHN to our patients' bedsides through real-time video conference technology.

Q WHAT IS YOUR VISION FOR THE FUTURE OF HEALTH CARE IN THE GREATER HAZLETON AREA?

A: My vision – and that of our Board of Trustees – is one of growth, and that begins by determining what services our community needs most. We envision expansion of service lines, expansion of telehealth services and recruitment of physicians to meet the growing needs of our community.

Q HOW WOULD YOU DESCRIBE THE FUTURE OF HEALTH CARE IN HAZLETON?

A: In a word, exciting. Our merger with LVHN is positive for so many reasons. It ensures our community access to high-quality and specialty care without having to travel out of town in many cases. And when patients do need that specialty care, they will have access to one of the nation's leading health care networks.



John Fletcher

President, Lehigh Valley Hospital–Hazleton



Mary Longo, center, is surrounded by LVHN clinicians and her family members who gathered to celebrate the network's 100th TAVR procedure. From left are Rhonda Moore, CRNP; Bill Long, Raymond Singer, MD; Peggy McAndrew; Longo; J. Patrick Kleaveland, MD; Sarah Capella; John Capella; Jimmy Capella and Kathleen Capella.

Hazleton Woman Gets a New Lease on Life

GROUNDBREAKING TAVR PROCEDURE PERFORMED WITH A CATHETER

Although a bit confused and groggy from the anesthetic after her aortic valve replacement, 90-year-old Mary Longo of Hazleton was still able to recite the quadratic formula to prove she was OK.

A retired math professor, Longo has long suffered from aortic valve stenosis, a disease that caused her to have shortness of breath, chest pains and dizzy spells. The fix, a heart valve replacement, was deemed too risky using more invasive surgeries. Longo's Lehigh Valley Hospital–Hazleton cardiologist, Myung Yoon, MD, referred her to Lehigh Valley Health Network cardiothoracic surgeon Raymond Singer, MD, with Lehigh Valley Heart and Lung Surgeons.

That's when Longo, mother of eight and grandmother of 20, learned she was the perfect candidate for transcatheter aortic valve replacement, or TAVR. Her TAVR team, which included heart and lung surgeons, cardiologists, nurses and support personnel, implanted a new heart valve with a catheter inserted through a small incision in the groin. She was back on her feet in a matter of days, and now sees her Hazleton cardiologist for follow-up care.

Recently, the TAVR team celebrated Longo's good health with a party in her honor. Her team honored her with a

plaque, congratulating her on being the 100th patient to undergo the minimally invasive surgery at Lehigh Valley Hospital–Cedar Crest.

"This is transformative technology," Singer says. "Before TAVR, many patients with aortic valve stenosis had no options. Now they have an option to improve their quality of life."

"Now I sail up the stairs, and I'm not out of breath when I reach the top," Longo says. She plans to tutor students again and looks forward to driving to daily mass. She says, "I'm proof that no matter how old you are, you can improve your quality of life."

Learn More



WATCH Mary Longo and her family share her experience at [LVHN.org/longo-story](https://www.lvhn.org/longo-story).

See Raymond Singer, MD, discuss replacement valve options at [LVHN.org/stenosis-treatment](https://www.lvhn.org/stenosis-treatment).

OVERCOMING STROKE

HAZLE TOWNSHIP MAN'S HARD WORK
AND DETERMINATION PAY OFF

When Jacqueline Bettine heard her husband Charles' slurred speech and saw his drooping face, she immediately recognized signs of a stroke. Stroke occurs when a blood vessel carrying oxygen to the brain suddenly bursts or becomes blocked. That is what happened to Bettine, 77, father of two and retired machinist, the morning of July 18, 2013.

Jacqueline got Charles to Lehigh Valley Hospital (LVH)–Hazleton's emergency department right away. LVH–Hazleton is designated as a Primary Stroke Center. Bettine was suffering from left-sided weakness, slurred speech and difficulty holding things with his left hand.

"The emergency department took me right in," Bettine says. He was quickly placed on a stroke alert by the attending physician, Francis Feudale, MD, with LVPG–Emergency Medicine. Feudale ordered an immediate CT scan and diagnostic workup. After evaluation of his results, Bettine was diagnosed with a stroke.

Bettine was admitted to LVH–Hazleton's stroke care unit for five days, then transferred to the hospital's Gunderson Rehabilitation Center. Due to the effects of the stroke, he required assistance with daily living activities, walking and speech.

Bettine and the Gunderson Rehabilitation Center team got to work. His rehabilitation program included strength

When Stroke Strikes Act FAST



FACE
Drooping



ARM
Weakness



SPEECH
Difficulty



TIME
to Call 911

training, gait and balance training, and dysphagia therapy to help with swallowing difficulties. He received intensive physical, occupational and speech therapy. "My therapists and health care providers were extremely effective. They respected me and my time," Bettine says.

In turn, his therapists were amazed at how motivated he was. "Charles clearly wanted to be as independent as possible to be safe at home," says occupational therapist Jackie Barletta. His speech therapist, Danielle Cino, says, "We worked on his issues with a variety of facial exercises, which can sometimes look 'silly.' Charles never let it bother him and was able to laugh about it." Bettine was discharged from the Gunderson Rehabilitation Center 10 days later. He was able to perform all daily living activities and walk up and down a full flight of steps by himself.

Bettine continued outpatient physical and rehabilitation therapy at the Health & Wellness Center at Hazleton for about eight weeks. Now at what he describes as "at 95 percent of where I was before the stroke" and enjoying life, Bettine still visits with his physical therapists when he works out at the Health & Wellness Center's fitness center. His health care providers agree that seeing patients reclaim the activities of daily life is the culmination of what they work so hard to achieve.



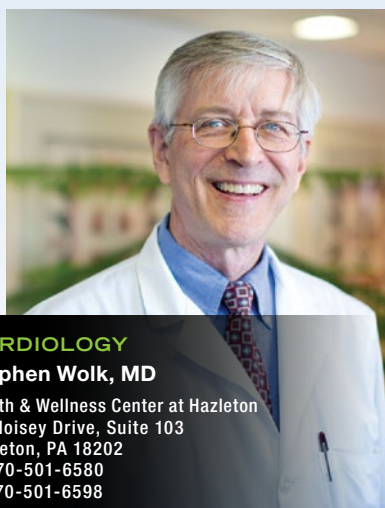
LVH–Hazleton Honored for Stroke Care

Lehigh Valley Hospital (LVH)–Hazleton recently received the American Stroke Association's Get With The Guidelines® Stroke Gold Quality Achievement Award. The award recognizes LVH–Hazleton's commitment and success in implementing a high

standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations. This marks the sixth consecutive year that LVH–Hazleton has been recognized with this quality achievement award.

Local Health Care Providers Join AMG

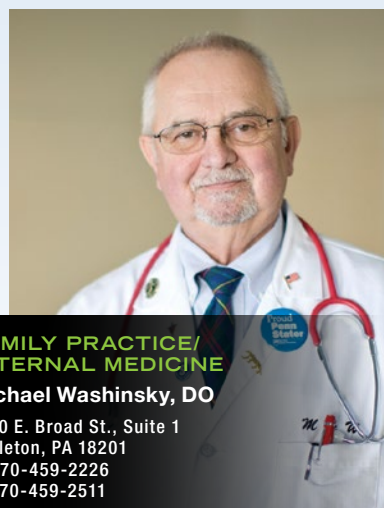
ALLIANCE MEDICAL GROUP* (AMG) IS PLEASED TO WELCOME THE
FOLLOWING HEALTH CARE PROVIDERS INTO ITS HEALTH NETWORK



CARDIOLOGY

Stephen Wolk, MD

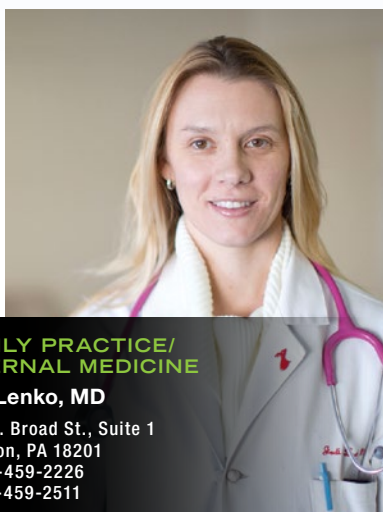
Health & Wellness Center at Hazleton
50 Moisey Drive, Suite 103
Hazleton, PA 18202
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F: 570-501-6598



FAMILY PRACTICE/ INTERNAL MEDICINE

Michael Washinsky, DO

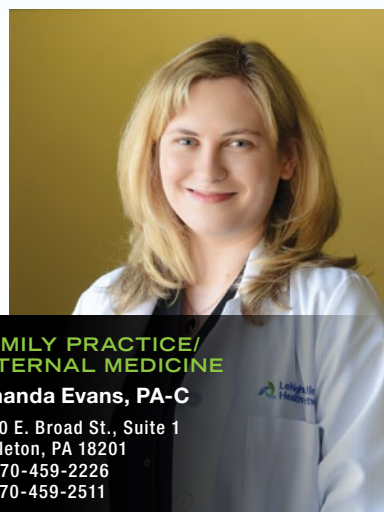
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*AMG is a service of Lehigh Valley
Physician Group–Hazleton.

Next Step

LEARN MORE about the health care providers at Lehigh Valley
Hospital–Hazleton. Visit LVHN.org/hazleton/findadoc or call
570-501-4AMG (4264).

7 Delicious Alternatives to Summer's Fattening Foods

YOUR GUIDE TO MAKING THE RIGHT CHOICES

It's summertime, and the living is easy, but many of the foods we eat this time of year are not so easy on our waistlines. Cookouts, baseball games and lazy days by the pool often tempt us to partake in unhealthy foods. Although we may be more active during the summer, it may not be enough to burn off all the extra calories from these summer indulgences.

The good news is there are plenty of less fattening and equally delicious alternatives. You still can satisfy your cravings and enjoy the warm weather activities.



AVOID: HIGH-FAT MEATS ON THE GRILL

CHOOSE: A TURKEY BURGER

Steaks, ribs and hamburgers are high calorie and high fat. Grill a turkey burger instead; the key is to remove the fat, not the flavor. Try them Tex-Mex style by adding red bell pepper, corn, cilantro and cayenne to the ground turkey. If you must have red meat, choose lean cuts and watch portion size.



AVOID: HOT DOGS AND SAUSAGES
CHOOSE: A CHICKEN OR TURKEY DOG

Healthier chicken or turkey dogs can satisfy your cravings. Just remember: both regular and poultry dogs are high in sodium.



AVOID: FRIED CHICKEN
CHOOSE: GRILLED CHICKEN BREASTS

Fried chicken, a favorite picnic food, is extremely high in fat and calories. Instead, marinate some skinless chicken for the grill.



AVOID: ICE CREAM
CHOOSE: SHERBET, SORBET, FUDGE OR FRUIT BARS

One cup of soft-serve ice cream has 400 calories. Instead, choose refreshing sherbets, sorbets or other frozen treats. Many are less than 150 calories a serving.



AVOID: REGULAR MAYONNAISE-BASED SALADS
CHOOSE: LIGHT-MAYO OR YOGURT-BASED SALADS

Even a half-cup portion of potato salad has 12 grams of fat. Prepare your salads with a half-and-half combination of light mayo and plain, low-fat yogurt or light sour cream.



AVOID: FRUITY ALCOHOLIC DRINKS
CHOOSE: WINE SPRITZER OR A SMALL SERVING OF WINE OR SANGRIA

Drinks served with a tiny umbrella are beautiful to look at, but one piña colada can pack up to 600 calories. Limit yourself to one.



AVOID: SODA AND SUGARY DRINKS
CHOOSE: SPARKLING WATER

When you are hot, you must stay hydrated. Most 12-ounce servings of beer, soda and juice drinks contain about 150 calories. Replace with sparkling water with a splash of fruit juice.

Hope for People With Pelvic Floor Problems

REHABILITATION THERAPY AND TREATMENT CAN HELP

The muscles of the pelvic floor assist in bowel and bladder control, pelvic and spinal support, and sexual functioning. Shockingly, more than one-third of women nationwide have a pelvic floor dysfunction (PFD). Men also may be affected by these disorders, particularly pre- and post-prostatectomy. People suffering from pelvic problems may experience incontinence, back and pelvic pain, urgency and frequency with urination, painful intercourse, chronic constipation and vaginal prolapse.

PFD is not a normal part of aging. Common causes of PFD are childbirth, obesity, pelvic surgery and radiation treatments. Fortunately, there are various treatments available to help.

PELVIC REHABILITATION THERAPY

Pelvic rehabilitation is a specialized therapy to treat PFD symptoms, specifically focusing on the muscles, ligaments, and connective tissues that make up the pelvic floor. Pelvic floor muscles act as a sling to your organs – including your vagina,

uterus, bladder and rectum – and aid in important bodily functions.

“Pelvic floor dysfunction occurs when the pelvic floor muscles are weak, too tight, or when there is a muscle coordination imbalance,” says occupational therapist Stephanie Fowler with the Health & Wellness Center at Hazleton. Fowler, who has specialized education in pelvic rehabilitation, works with people with PFD to alleviate their symptoms.

“These symptoms can negatively impact quality of life, but the good news is they can be reversed with the right treatment,” Fowler says. Pelvic rehabilitation at the Health & Wellness Center at Hazleton comprises noninvasive techniques, including bowel-bladder retraining, manual therapy, biofeedback, electrical stimulation and individualized exercise programs targeting specific muscles. Each patient is evaluated for an individualized plan of care. Sessions are generally one to two times a week for about four to eight weeks.

Next Step

TALK TO YOUR HEALTH CARE PROVIDER

about a referral if you think you might benefit from pelvic rehabilitation therapy.

LEARN MORE about how pelvic rehabilitation therapy can help you.

Call **570-501-6716**.

New Therapy for Overactive Bladder

YOUR GUIDE TO MAKING THE RIGHT CHOICES

Overactive bladder (OAB) affects more than 33 million people nationwide.

Women account for 85 percent of all patients. OAB causes a sudden and unstoppable need to urinate and may lead to the involuntary loss of urine (incontinence).

Lehigh Valley Hospital–Hazleton gynecologist Sheila Hockman, MD, with Alliance Medical Group, is an expert in the causes of OAB, along with the most advanced treatment options. “Rehabilitation therapies address the muscular side of OAB,” she says. “Additional treatment options, such as neuromodulation therapy, address the nerve side of OAB, creating a more comprehensive treatment approach.”

One of the latest treatment options is Interstim® Therapy for people who have not

had success in relieving their OAB symptoms by conventional medications and treatments. “A very simple trial test conducted in the office will determine if this treatment will be effective for them,” Hockman says.

Medicare and many other private insurance companies cover Interstim® Therapy.

Next Step

LEARN MORE about the latest treatment options available to you, including Interstim® Therapy.

Call **570-501-6450**.



WATCH A VIDEO of Sheila Hockman, MD, at LVHN.org/hazleton/hockman.

10 Great Reasons to

IT'S HELPFUL FOR MIND AND BODY AT ANY AGE

Yoga is an excellent way to stretch and strengthen your body, focus your mind and relax your spirit. Yoga is a series of stretches and poses that you do with breathing techniques. It offers the powerful benefits of exercise. And since yoga is gentle, almost anyone can do it, regardless of age or fitness level.

“Age simply doesn’t matter,” says yoga instructor Andrea Putnam with the Health & Wellness Center at Hazleton’s fitness center. “I have a beginner student right now who is 68 years old. He is already seeing the benefits.”

Putnam has practiced yoga for 14 years and is a trained instructor. She teaches a form of yoga called Vinyasa Flow, which connects your breath to each movement. She also focuses on stretching, balance and meditation.

Yoga is good for people who haven’t been active or who have certain health conditions, such as arthritis or osteoporosis. But if you’re already fit and want a challenging workout, yoga offers that too. Yoga is also a great way to supplement cardiovascular fitness activities, such as dancing, walking or swimming.

“Every yoga class and teacher brings something special to the experience,” Putnam says. “Students can expect a fun, laid-back atmosphere in my class.” The fitness center features 60-minute yoga classes for both beginners and the more experienced.

If you’ve never done yoga, here are 10 reasons to give it a try:

- 1 Increase your flexibility.** Each yoga pose targets specific muscles, thereby increasing flexibility and reducing the risk for injury in your activities.
- 2 Reduce stress.** Yoga can help soothe your mind and lower stress levels by focusing your mind on the present and the movements rather than on external distractions.
- 3 Increase your awareness and concentration.** A primary component of yoga is rhythmic, focused breathing.
- 4 Promote a mind-body connection.** Focusing all your energies on performing each movement or pose precisely benefits both your mind and body and teaches you to integrate the two.



Try Yoga



“Age simply doesn’t matter.”

-Andrea Putnam, yoga instructor,
Health & Wellness Center at Hazleton’s fitness center

Studies suggest yoga may also help to improve:

- ▶ Poor blood circulation
- ▶ High blood pressure
- ▶ Arthritis
- ▶ Osteoporosis
- ▶ Limited mobility
- ▶ Lower back pain
- ▶ Difficulty breathing
- ▶ Headaches
- ▶ Depression

Talk with your doctor before you begin yoga or any other kind of exercise. Let the teacher know about any health conditions you may have, such as injuries, high blood pressure or arthritis.

The Health & Wellness Center at Hazleton’s fitness center offers the latest and most effective fitness classes with expert instructors. Two of the latest class offerings:

- ▶ **Body Pump** - A non-aerobic, muscle-toning class, which focuses on entire body strengthening. The weight-training class uses weight bars, exercise bands or dumbbells, or a combination of this equipment.
- ▶ **Insanity®** - As seen on TV, this 30-minute class is a revolutionary cardio-based, total body conditioning program based on the principles of MAX Interval Training.

Next Step

FIND A FITNESS CLASS to meet your needs. Call **570-501-6750** or visit **LVHN.org/hazleton/fitness-center** for fitness center classes and times.



Traveling Abroad This Summer?

FIRST, VISIT THE HAZLETON AREA'S TRAVEL HEALTH CLINIC

If you are traveling internationally in the coming months, you probably have questions and concerns.

Travel health services make sure you're protected against life-threatening diseases that are common in many countries worldwide. A pre-travel consultation at a travel health clinic is a good opportunity to make sure you are up to date on your routine vaccines, as well as determining recommended or required travel-related vaccines and other medications.

The Health & Wellness Center at Hazleton houses the area's comprehensive travel and immunization clinic, providing practical and individualized health recommendations as well as vaccines. The clinic also offers an on-site lab.

Board-certified family practice physician Michele Kowalski-McGraw, MD, who also is a candidate for the American Board of Preventative Medicine, is an area leader in the field of occupational medicine. She's also one of the friendly faces you will see at the Health & Wellness Center at Hazleton's travel health clinic. In 2011, Kowalski-McGraw received the International Society of Travel Medicine's (ISTM) Certificate of Knowledge.

"Travel medicine appeals to me because we can empower our clients to stay healthy and prevent disease," Kowalski-McGraw says. "I love helping the amazing and dynamic people I meet."

She wants business and pleasure travelers to know that traveling internationally encompasses much more than just

getting vaccines. The risk profile for each traveler is different, based on many factors, such as age and destination. "We tailor our services to you, so you can be confident in knowing how to protect yourself while traveling and then relax and enjoy your trip," she says.

The travel health clinic offers the following services for international travelers:

- ▶ Pre-travel health evaluations to determine personal health risks
- ▶ Comprehensive and current health information based upon best practices in the industry, as well as from authoritative sources such as the Centers for Disease Control and Prevention
- ▶ A variety of vaccines including yellow fever (including International Certificate of Vaccination documentation), hepatitis A and B, typhoid, tetanus, diphtheria, polio, rabies, and tuberculosis (TB) skin test (tuberculin PPD)
- ▶ Malaria prophylaxis advice
- ▶ Additional prescriptions and activity recommendations as needed

"A travel health visit is one of the few times in life when you can prevent a catastrophe," Kowalski-McGraw says. "Many diseases are becoming increasingly common and should be addressed through a comprehensive approach."

Insurance coverage for travel health services varies. Vaccines not routinely given in the United States may now be covered due to emerging diseases worldwide.



Michele Kowalski-McGraw, MD
Family practice

Next Step

LEARN MORE about how travel health services can benefit you. Call **570-501-6805** at least one month before your trip.



Next Step

ATTEND THE FREE SKIN CANCER CHECK in July hosted by Lehigh Valley Hospital–Hazleton. Visit **LVHN.org/hazletoncalendar** for more information.

Tips for Sun Safety

Unprotected exposure to the sun’s ultraviolet (UV) rays can cause damage to your skin, eyes and immune system. While everybody needs some sun exposure to produce vitamin D (which helps you to absorb calcium for stronger and healthier bones), sunburn and excessive UV light exposure damages the skin and can lead to skin cancer. Protect your loved ones and yourself. Follow these American Academy of Dermatology “Be Sun Smartsm” tips to prevent sunburn in adults and children over 6 months of age:

- **Generously apply a broad-spectrum water-resistant sunscreen with an SPF (Sun Protection Factor) of at least 30 to all exposed skin.** “Broad-spectrum” means the sunscreen protects you from both UVA and UVB rays. Re-apply about every two hours and after swimming or sweating.
- **Wear protective clothing** – such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses – whenever possible.

- **Seek shade when appropriate.** Remember the sun’s rays are strongest between 10 a.m. and 4 p.m.

- **Use extra caution near water, snow and sand.** They reflect the damaging rays of the sun.

- **Get vitamin D through a healthy diet** that may include vitamin supplements.

- **Do not use tanning beds.** UV light from the sun and tanning beds can cause skin cancer and wrinkling.

- **Check your birthday suit on your birthday.** If you notice anything changing or growing, or if you see bleeding on your skin, see a doctor right away. Skin cancer is very treatable when caught early.

Infants under the age of 6 months should not be exposed to the sun. Also, remember to purchase sunglasses with labels ensuring they provide UV protection for your eyes.

Word Find:

BE SUN SMART

Find the words that relate to sun safety.

APPLY
DAMAGE
EXPOSURE
HAT
PROTECTION
REFLECT
SHADE
SPECTRUM
SUN
SUNBURN
SUNGLASSES
TANNING
ULTRAVIOLET

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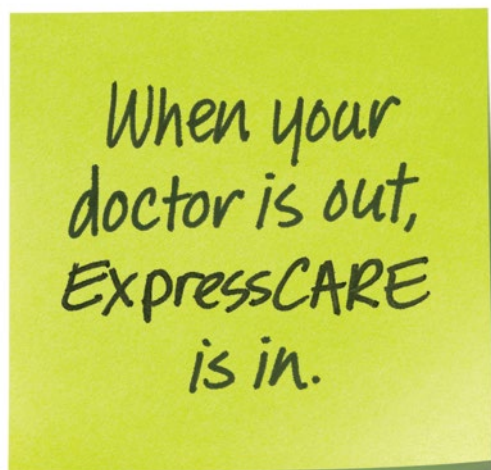
Director, marketing and community relations: Jane Danish
Writer/Editor: Tami Ambosie

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A PASSION FOR BETTER MEDICINE



ExpressCARE
Coming soon.



610-402-CARE LVHN.org/expresscare

Word Find Solution

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Calendar

CLASSES AND SUPPORT GROUPS

View our complete listing of events by visiting our website and clicking on our calendar at LVHN.org/hazletoncalendar.

Free! **Fitness Center and Rehabilitation Open House**
Thursday, May 22, 10 a.m.-7:30 p.m.

Health & Wellness Center at Hazleton, fitness center
Interested in joining a group exercise program, but unsure which class is right for you? If so, stop by our Fitness Center and Rehabilitation Open House to meet one-on-one with exercise and rehabilitation specialists. Attendees also will have the opportunity to “try out” a variety of group fitness programs and participate in free fitness screenings. Program is free, but registration is required for all activities. Call **570-501-6767** to register.

Free! **National Trails Day Hike and Bike**
Saturday, June 14, 11 a.m.- 2 p.m.

Hazleton Rails to Trails
Hike and Bike starts at 11 a.m.
Picnic at noon, exhibits, bike maintenance, tricky trays and helmets for children while supplies last.
Call **570-455-1509** for more information.

Free! **Could It Be Celiac Disease?**
Thursday, June 26, 6-7 p.m.

Health & Wellness Center at Hazleton, lower level
Learn the causes, symptoms and treatment options available for managing celiac disease.
Guest Speaker - Gastroenterologist Robert Yamulla, MD, with Alliance Medical Group
Visit LVHN.org/hazletoncalendar or call **570-501-6204** to register.